

Your Mark Of Genius Is In The Details - Bonus

7 Steps To Access Your Client's Inner Spiritual Guidance



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Identify the “problem” and the specific situation or circumstance where it is occurring.

Establish reality of the seven different levels of information that can inform this issue:

1. Environment—Where
2. Behavior—What
3. Capabilities—How
4. Beliefs—Why
5. Values—Which
6. Identity—Who
7. Spiritual—Beyond Who



Photo By Ragini

Climbing Up The Ladder

Have the client imagine a ladder in front of them they are going to climb up, one step at a time, and take a fresh look around from each step.

Have them step into the first level of Environment. Have them describe where they are. You will write down their description of the environment.

Then have them step into the 2nd level of Behavior. Have them describe what they are doing here—including breathing, standing, sitting, talking, thinking, feeling, etc.

Then step into the 3rd level of Capabilities. Have them describe how they are doing these behaviors, i.e., breathing is happening because of the body's ability to breath, to feel, the mind's ability to think, consider, etc..

Then step into the 4th level of Beliefs. Have them describe why they are behaving as they are. What beliefs are driving their actions, thoughts, feelings in this situation or circumstance?

Step into the 5th level of Values. Describe which values (or deeply held beliefs) are in operation in this situation driving their beliefs, the activation of their capabilities and behaviors in this scenario.

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Then have them step into the 6th level of Identity. Have them describe who is holding these values, carrying these beliefs, driving these capabilities and behaviors in this circumstance.

Then step into the 7th level of Spiritual. Have them take their time and access their *personal connection* with their divine guidance and/or their sense of the spiritual. Guide them to be as fully present in their body as they can—feel it, see it, hear it, taste or smell it. If they don't have a felt sense of the spiritual dimension in their life, have them imagine as if they did have it and could experience it right here and now in and through their body.

Climbing Down The Ladder

When they have this felt sense of the spiritual, or imagined felt sense, have them step back down into the level of Identity, making sure they bring this felt-sense of the spiritual with them.

Have them describe how the presence of their spiritual connection effects, or not, their sense of who is standing in this level of reality in this circumstance or situation. How has the presence of this level of information in their system changed their sense of Identity?

Keeping that spiritual connection with them, have them step down into the level of Values. How does this presence of spiritual understanding change the values in operation here in this situation or circumstance. Or does it?

Keeping the spiritual connection with them, have them step down into the level of Beliefs and describe how any beliefs have shifted or changed in the presence of this level of spiritual information and perception. Be sure they still have the connection to their spiritual self in their body in a felt way. If they have lost the sense of its presence, have them describe how it effects their experience at this level.



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Continue moving your client down through the remaining levels:

Capabilities
Behaviors
Environment



Notice what, if anything, shifts or changes in each of these levels when they have their connection to their spiritual life as a felt reality in their body

Be sure to notice if they find their sense of felt spiritual connection being lost. Notice at which level it begins to fade. Notice what is happening when it begins to dissipate.

The Observer Perspective

When they have returned to the starting point of Environment and have shared any differences for this level, have them step out of the entire situation or context into an Observer position.

As the Observer, have them note where they perceive the spiritual connection began to fade or dissipate and where they first noticed it was no longer accessible to the 'you' caught in that problem situation.

Have them ask as the Observer:

1. What would she/he in that situation need in order to keep the spiritual connection strong and vibrant?
2. If they don't know what she/he would need, what do they think someone who can stay connected with their spiritual connection has that she/he doesn't?
3. Where does she/he have this resource in their life outside the context in question?

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Delivering What Is Needed

Have the client step into the memory of the resource the 'you' in the problem scenario needs and feel it in their body *as the Observer*. Now imagine sending that resource directly *as the Observer right to the 'you' in that problem scenario* where the spiritual connection first began to dissipate, fade, or was lost.

Have them send it on a beam of light or a wave of energy. Have them imagine it permeating not only the 'you' in that situation but the entire situation itself.

They can also imagine that as the Observer, they can open to their spiritual connection and ask that Divine Light (or whatever) be sent down *through them* as the Observer to the 'you' waffling in that problem scenario at that level of personal or psychological reality where the connection was lost.

Now have them imagine that resource energy flowing on down the levels all the way to the Environment and bringing with it the spiritual connection to the degree that it actually somehow shifts the whole situation in a positive way.

When this is accomplished, step back *into the Environment Level* from the Observer position, making sure to take the Observer *perspective* with them. Describe how the problem situation feels now and how it looks differently to the 'you' in that situation.



Photo by Narayana Granatelli